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Special Nutrient Needs of Older Adults

Eating right and staying fit are important no matter what your age. As we get older our bodies have different needs, so certain nutrients



become especially important for good health.

Calcium and Vitamin D

Older adults need more calcium and vitamin D to help maintain bone health. Have three servings of vitamin D-fortified low-fat or fat-free milk or yogurt each day. Other calcium-rich foods include fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

Vitamin B12

Many people older than 50 do not get enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

Fiber

Eat more fiber-rich foods to stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent

Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas — along with fruits and vegetables which also provide fiber.

Potassium

Increasing potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, select and prepare foods with little or no added salt.

Know Your Fats

Foods that are low in saturated fats and trans fat help reduce your risk of heart disease. Most of the fats you eat should be polyunsaturated and monounsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

Taken from <http://www.eatright.org>



SPRING FORWARD
Change Your Clocks
March 12th



**Take Me Out to
the Ballgame**
See pg 14

Find us by
searching for *Crawford
County Commission
on Aging & Senior
Center*

HOURS OF OPERATION

Monday - Wednesday
8:30am to 6pm

Thursday
8:30am to 7pm

Friday
8:30am to 5pm

308 Lawndale St
Grayling, MI 49738

Phone (989) 348-7123
Fax (989) 348-8342

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The Senior Gazette
308 Lawndale St.
Grayling, MI 49738

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"Views and comments expressed in the Senior Gazette are not necessarily the views and comments of the Crawford County Commission on Aging, its staff or its board. The Senior Gazette is funded by advertising dollars, but the Commission on Aging does not necessarily endorse any one business or organization."

For advertising or addition to the mailing list, contact us at (989) 348-7123 or director@crawfordcoa.org

Tax Appointments are Still Available!

Tax and Home Heating Credit Appointments Available

Volunteers are available this year to assist with filing taxes and home heating credits. To qualify for an appointment, your income cannot be over \$40,000.

Tax appointments are still available every Tuesday & Thursday up thru April 13th. These appointments are available on a first come, first serve basis until full.

You must bring your social security cards and picture ID for yourself and each person you are claiming on your tax return. No social security card and/or ID = no appointment. When coming to your appointment, you will need to bring the following:

- Picture ID(s); Driver's License for everyone
- Social Security Card(s) For Your Spouse And Dependents
- Birthdates For Spouses And Dependents
- If One Of Your Dependents Is In School, Bring A Report Card Or Some Document Showing They Are Attending School
- Copy Of Last Year's Tax Return
- Any Income, W2's, Tips, Gambling Winnings, Your Social Security Statement



SSA-1099, Railroad Retirement RRB-1099, Interest 1099-INT, Dividends 1099-DIV, Stock Sales 1099B, Retirement, Annuity, IRA Distributions 1099-R, Unemployment Compensation 1099-G, Any Other Income Documentation, 1099-MISC, FIA/FIP Obtain DHS Statement, SSI Fed/State Bank Statement

- Daycare Total Amount Paid, Providers Id Number or SS Number
 - Mortgage Interest Statement
 - Your Property Tax Bills For Last Year: Summer And Winter Tax
 - (Renters May Qualify If A Portion Of Their Rent Is For Taxes)
 - Your Heating Costs From November 1, 2015 Thru October 31, 2016
 - (Renters May Qualify Even If Heat Is Included In Rent)
 - For Direct Deposit: Bank Routing And Account Number or Bring A Blank Check
- To schedule an appointment, please call the Commission on Aging & Senior Center at (989) 348-7123.

PLEASE NOTE: Appointments are available on a first come, first serve basis until full.

Commission on Aging Board Members:

Matt LeBlanc, Chairman
Karl Schreiner, Vice Chair
Jamie McClain, Commissioner/Secretary
Rev. Elizabeth Chace, Member
Cheryl Hopp, Member
Lorelei King, Member
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Janelle Buchinger, On-Call Cook
Laurie Harteau, On-Call Cook



Stay in the Know!

Sign up for **FREE e-mail news about the Senior Center activities**

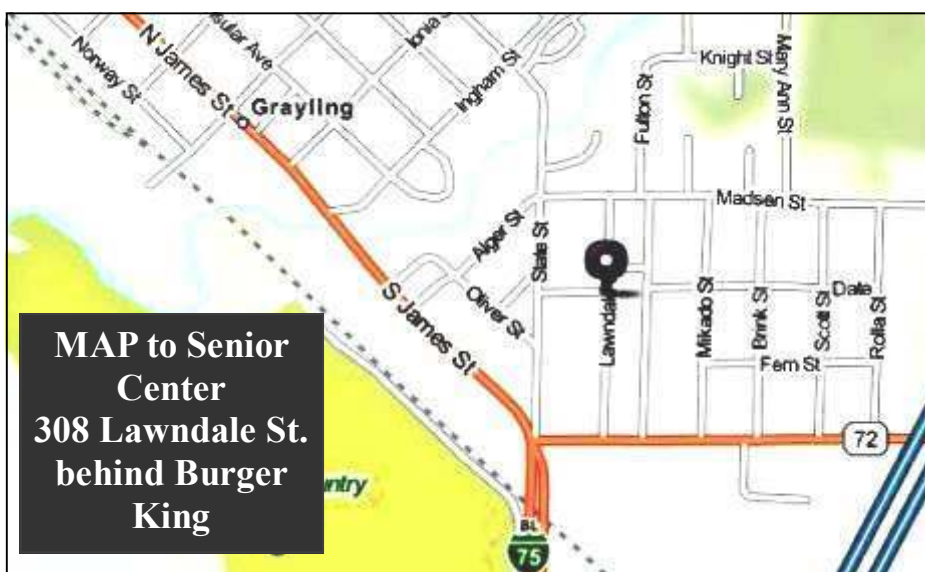
Receive the latest information about the Senior Center activities, delivered directly to your home via e-mail.

Signing up is easy; just send an email to director@crawfordcoa.org

The Senior Center respects your privacy and does not sell or make available to others our patrons e-mail list.



The Crawford County Commission on Aging & Senior Center accepts and welcomes SNAP/EBT customers.



Our Mission...

The mission of the Commission on Aging is to advocate and promote the well-being and independence of all older adults of Crawford County.



Donate in Memory or Honor of Someone Special

Monetary gifts to the Crawford County Commission on Aging are a fitting tribute to the memory of those no longer with us or in honor of those we love. Your tax

deductible gift in their name will enable us to continue to grow to provide and initiate programs which promote the well-being and independence of all older adults of Crawford County. In memorializing or honoring a loved one, you have the opportunity to support vital aging programs in this community.

If you're interested in making a *Donation in Honor or in Memory of Someone*, you can buy a Plaque to be displayed in the Senior Center Dining Room.



**2x4 Actual Size
\$50 Donation**

**1x5 Actual Size
\$25 Donation**

**2x5 Actual Size
\$100 Donation**

Make a Donation today by talking to a Commission on Aging staff member.

Only Available in Black with Gold Lettering

- Senior Center Wish List...**
- Cans of Air Fresheners
 - Pens
 - Hand Sanitizer
 - Sponsorship of the Gazette for a year 12 issues ~ only \$20.00!
 - Candy for Reception
 - Reams of Copy Paper for Computers

- Important Phone Numbers**
- Social Security**
1-800-772-1213 or 1-866-739-4802
 - Medicare** - 1-800-633-4227
 - Veterans Administration**
1-800-827-1000
 - Alzheimer's Assistance**
1-800-272-3900



Our Sponsors

**Blood Pressure Checks by
InTeliCare Health Services, LLC**

**Blood Pressure/Sugar Checks by
Munson Home Health Care**

**Birthday Dinner Flowers Donated by
Family Fare**

**Bingo Coupons Donated by
The Medicine Shoppe**

**Hearing Clinic
Offered by Advantage Audiology**

**Foot Clinic
Offered by Comfort Keepers**

**Legal Aid Offered by
Jason R. Thompson Law Office PLC
Adam T Vernon, PLLC**

**Pantry Bingo Sponsored by:
InTeliCare
Heartland Homecare**

**Zumba Sponsored by:
Grayling Nursing & Rehabilitation
Community**

Donations

- Nova Anderson
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- Robert & Carol Becks
- Shirley Bordeaux
- Roy Bryant
- Bob & Judy Cooper
- Diana Doremire
- Lockey & Jim Fredlund
- Bob & Pat Gallagher
- Mary Garcia
- Mary Jo Gingerick
- Sally Hartig
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- Tom Lampane
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- Michael & Maureen McNamara
- Valerie Miller
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- North Central Area Credit Union
- Sandy Parks
- Dorothy Peacor
- Deb & Tom Rawlings
- Donna Richmond
- Pat Sanders
- Karl & Marjorie Schreiner
- Clif & Linda Schultz
- Joyce Sorenson

Sponsoring Agencies



The Commission on Aging is funded by senior donations, state & federal grants, Crawford County millage monies, the United Way, Great Lakes Energy People Fund, and the Region 9 Area Agency on Aging.

Volunteers and Contributions received after February 10th will be acknowledged in the next edition of the Senior Gazette.

Crawford County Commission on Aging & Senior Center

Make a Donation Today & Create Golden Opportunities for a Lifetime!

Please make check to COA
308 Lawndale St.
Grayling, MI 49738

Levels of Giving: \$25 to \$49 \$50 to \$99 \$100 to \$249
 \$250 to \$499 \$500 to \$999 \$1000+

Method of Payment: Cash Check Gift Amount \$ _____

- I would like to receive monthly emails about activities and events.
 - I would like to be contacted about planned gifts.
 - I would like to volunteer for the Commission on Aging & Senior Center.
- ***All Gifts are Tax Deductible*****

Name _____
 Mailing Address _____
 City/State/Zip _____
 Home Phone () _____ Cell Phone () _____
 E-Mail Address _____



Thank You!
to our
COA Volunteers

- | | |
|---------------------|---------------------|
| Justin Baldwin | George Mascarello |
| Nancy Billingham | Sharlene Mascarello |
| Sandra Brody-Sparks | Fleda McWatters |
| Roy Bryant | Ann Mitchell |
| Gloria Buskirk | Mel Moore |
| Dick Dodge | Dee Niedzielski |
| Lyn Dodge | Marcus Niedzielski |
| Diana Doremire | Dolores Norton |
| Tina Foster | Bill Nuckolls |
| Pat Fowler | Tina Parcell |
| Mary Garcia | Mary Parker |
| Mary Jo Gingerick | Ward Parker |
| Sharron Hagerman | Sandy Parks |
| Tracy Henning | Rosemary Patrick |
| Susan Hensler | Sharon Perkins |
| Bill Hollenbeck | Carol Peterson |
| Vicki Howden | Dave Pratt |
| Donna Hubbard | Deb Rawlings |
| Francis Hummel | Tom Rawlings |
| Ron Kemerer | Jack Richards |
| Dennis Kemerer | Orvetta Roggow |
| Glenn King | Taylor Ryba |
| Lorelei King | Gage Ryba |
| Sandy Lakanen | Theresa Ryba |
| Eileen Langhorne | Donna Schnoor |
| Abby LeClair | Karl Schreiner |
| Alice Lee | Betty Shurkey |
| Dick Lee | Nancy Smith |
| Kirsten Lietz | Mary Trombley |
| Nancy MacDonald | Harry Wojcik |
| Rebecca Marilla | |

Volunteer Spotlight
Francis Hummel



During the month of March our spotlight is shining upon Francis Hummel. Francis has been delivering meals for the Commission on Aging & Senior Center since October of 2016. Francis does it because he wants to give back to his community. He is

enjoying meeting the people and building those relationships.

Francis was born in Crawford County, grew up in the Maple Forest area and attended school in Frederic. Since the Frederic High School closed its doors, Francis went to Grayling High School and graduated in 1968. He was in the very first class at Kirtland Community College. Finishing there after 2 years, he went to work for his brother in a machine shop in Detroit. After being laid off, Francis went to work at the National Cash Register Company. Later he worked for a computer company for 25 years. Then he and a coworker purchased the company. They had 29 employees who sold cash registers, scanners, etc. to grocery stores and party stores in the Detroit and Flint areas. After 15 years they sold out and Francis retired.

During his trips back and forth to visit his Mom and home town friends, he bought a piece of property on the Manistee River. After retirement he decided to build his log house. He used Norway Pines which his father had planted when Francis was about 10 years old.

Francis and his wife Cindy enjoy their home on the river. They have one son and granddogs. Francis also works at Forest Dunes and Milliken's. He likes to Kayak in the summer when he has time and is also on the Planning Board for Frederic Township.

When talking with Francis you can tell that he lives by the Boy Scout Rule, "Be Prepared". And one thing's for sure, whatever Francis is involved with he's ready and willing.



March 15th 1-4pm
Sign-Up at the Senior Center



Smart911 is a free service available in your community to help you when you call 9-1-1. Once you've signed up, first responders will

be aware of important information you have provided that will help them address your emergency. This information – including medical issues, current location and even pets - can help Police, Fire and EMS locate and help you. This is a free service provided to you by Crawford County Sheriff's Office. It is private, secure and you control your information. What's important is that it saves time in an emergency, when seconds count!

Over 70% of calls made to 9-1-1 come from mobile phones. When you dial 9-1-1 from a mobile phone, the 9-1-1 call takers have very little information to help you – only your phone number and a very general sense of your location. This does not bode well in an emergency when seconds count, particularly if you or your loved ones have medical conditions, or if there is a fire.

With Smart911, you can add key information about members of your household that would help emergency personnel in the event of an emergency, whether the call is from the home or any mobile phone. **To sign up, go to <https://www.smart911.com> and click on the "Sign Up Today" button. If you would like some assistance is signing up, staff from the Crawford County Sheriff's Office will be at the Senior Center on March 15th 1-4pm to assist you. No appointment necessary, just come in during this time. For questions, contact the Crawford County Sheriff's Office at (989) 348-4911.**

MARCH Birthdays

- Bernardine Denton 3/2**
- Joyce Cousins 3/5**
- Ed Daniels 3/5**
- Howard Madsen 3/5**
- Mavis Butler 3/7**
- Jacqueline Norcross 3/13**
- Wilbur Yockey 3/15**
- Ann Doty 3/21**
- Pamela Purdy 3/21**
- Martha Barnum 3/29**



Join us for lunch or dinner on your birthday and we'll help you celebrate with a birthday cake!

Please call us at 348-7123 before the meal to let us know you're coming.

Invite up to 8 people and dessert is on us!

Great Lakes Graham and the Fiddleman



**Thursday, March 16th
at 5:45pm**

FREE CONCERT

At the Commission on Aging & Senior Center, 308 Lawndale St.

Great Lakes Graham and the Fiddle Man is a bluegrass and folk duo from Marquette, MI consisting of Troy Graham and Allen Dupras as the Fiddle Man. Irish or not you will truly enjoy this duo from the UP. They write most of their own songs. Come and spend some time with this unique duo on Thursday, March 16th at 5:45pm. This free concert is open to the public. Come for a Pork Chop Supreme dinner beforehand. The cost of the dinner is \$5.00 for under 60 years of age and a suggested donation of \$3.00 for those over age 60.



A Wish List.....

The Flower Arranging Class is asking for donations of **Silk Flowers and Styrofoam**. If anyone is able to help out please drop off at the Commission on Aging and Senior Center.

Thank you in advance!!!!

Insurance Brokers & Consultants

HUB International Midwest East
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Traverse City, MI 49686

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Celebrate
National Nutrition Month[®]

with **MyPlate!**



Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the MyPlate Daily Checklist and the tips below to meet your needs throughout the day.

1. Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2. Include whole grains

Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

3. Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.

4. Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.

5. Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6. Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7. Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.

8. Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9. Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10. Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

Taken from

<https://choosemyplate-prod.azureedge.net/>



KEG 'O' NAILS
301 N. James Street • Grayling, MI 49738 • 989-348-7113
www.spikes-grayling.com • email: spikes@freeway.net



Interested in learning a new or different game?

Our Mahjong group is looking for more players. No requirements are needed, except the willingness to learn and have fun too. Mahjong is a card game that originated in China. Four players play the game using numbered tiles or cards. Depending upon the game, the number of tiles may vary. Four players collect tiles with similar pictures and numbers. At the end of the game, the player who has collected the maximum number of sets is the winner.

The Mahjong group gets together on **Wednesdays at 1:00pm at the Senior Center.** There is no charge to participate.



**TrueNorth Presentation
Thursday, March 9th
at 12:15pm**

**Commission on Aging & Senior Center
308 Lawndale, Grayling**



Gary Lamberg from True North Community Services will be at the Commission on

Aging & Senior Center on Thursday, March 9th. He will be talking about how appliances and other devices are rated through the Energy Star program and about a few of the common rebates available for energy-savings devices. Mark your calendar for this presentation and join us for a Meatloaf Lunch beforehand. 60 and over is a suggested \$3.00 donation and under 60 is a \$5.00 cost.

Take Care of Your Feet

By Gretchen Stelter, Michigan State University Extension

Those who have diabetes have a greater chance of losing a toe, foot or leg. Overtime diabetes can cause loss of feeling in your feet. You may not feel a blister on your foot or even a pebble that is in your shoe. This can add to sores and infections that will not heal due to being diabetic. The Diabetes can also lower the amount of blood flow to the feet which will lead to foot problems. If you take care of your feet, check them every day and manage your sugar levels you should have healthy feet. Always work with your Health Team and Diabetes Educator to make a lifestyle plan that includes foot care. Some ideas to promote good foot health are:



MICHIGAN STATE UNIVERSITY | Extension

Check your feet every day.

- Check for sores, cuts, red spots and infected toenails.
- If you have a difficult time, bending over to see bottom of feet, place a mirror under your foot and you will be able to see if there are sores on your feet.

Wash your feet every day.

- Wash your feet in WARM water, not hot and do not soak them. They will dry out and become sore.
- Use cornstarch or talcum powder between your toes so keep them dry and soft.

Keep the skin soft and smooth.

- Use a little lotion on the tops and bottoms of your feet.
- Do not put lotion between your toes for this can cause an infection.

Smooth corns and calluses.

- If you get a corn or callus, the best thing to do is to inform your health care provider.
- Do not cut corns or calluses for this can cause infection. Your physician might suggest using a pumice stone.
- Do not use liquid corn and callus removers:

always check with your physician.

Trim your toenails regularly or see a foot doctor to do so.

- Trim nails after you wash and dry your feet.
- Trim the nails straight across and smooth corners with a soft emery board.
- Do not cut into the corners of the toenails.

Wear shoes and socks at all times.

- Do not walk barefoot because a diabetic is at risk of infections.
- Socks will help prevent blisters on the bottom of your feet.
- Wear shoes that fit well and protect your feet

Protect your feet from hot and cold.

- When in the sand always wear shoes. It is very easy to burn your feet, and a diabetic does not always feel the burn.
- If your feet get cold at night, wear socks to bed.
- Wear lined boots in the winter to keep your feet warm

Keep the blood flowing to your feet.

- Wiggle toes a few times a day, and move your angles up and down
- to help blood flow through your legs and feet
- Do not cross legs for long periods of time.
- Do not smoke. Smoking lowers the amount of blood flow to your feet.

Be more active.

- Being active improves your blood flow.
- If you are not active start slowly and gradually add up to 30 minutes a day.
- Wear shoes that give support when being active.

The following tips are from [the National Institute of Health](#) , [National Diabetes Prevention Program](#) and [Michigan State University Extension](#)

There is no greater satisfaction to have done it well

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ONGOING ACTIVITIES

Bible Study
 Tuesdays, 10am
 Thursdays, 12:30pm

Bingo
 Medicine Shoppe Bingo
 once a month on "Thurs"
 Penny Bingo, Thurs @1pm
 Pantry Bingo, Fridays 1pm

Bridge
 Mondays, 1pm

Card Golf
 Fridays, 9am

Clogging, Beginning
 Mondays, 12:30pm

Clogging, Regular
 Mondays, 1:30pm

Computer Club
 Assistance by Appointment

Color Craze
 Thursdays, 10am

Crafting
 Thursdays, 10am

Dinner
 Monday-Thursday, 5pm
 \$3.00 age 60+ \$5.00 under 60
 Birthday Dinner once a month
 on a Wednesday

Euchre
 Tuesdays, 1pm

Exercise
 Thursday, 10am
 Friday, 10am

Flower Arranging
 Monday, 10am

Legal Assistance
 4th Wednesdays, 1-4pm

Line Dancing
 Wednesdays, 10am

Lunch
 Monday-Friday, 12 noon
 \$3.00 age 60+ \$5.00 under 60
 Frederic Satellite 2nd Fri.
 Lovells Satellite 3rd Fri.

Mahjong
 Wednesdays, 1pm

Pickleball
 Mondays, 3:30pm
 At the *Grayling Elementary*

Pickleball
 Mon-Thurs, 10am
 At the *Frederic Township Hall*

Pinochle
 Fridays, 10am

Pokeno
 Thursdays, 10am

Pool
 Ball-in-Hand, Wednesdays,
 1pm Nine Ball, Fridays, 1pm

Soup (2 choices per meal)
 Lunch Monday-Friday starting
 at 11:30am. Dinner Monday-
 Thursday starting at 4:30pm.
 \$1.00 per bowl
Also available to go

Trips
 Special trips for seniors are
 planned May through October.
 All priced under \$100.

Unlucky 7's
 Wednesdays, 2:30pm

Wii Bowling
 Wednesdays, 1pm

Zumba Gold
 Tuesdays, 10am

 * **Winners at the Winter Picnic** - Heated Ice Scrapper donated by Helen Hatfield *
 * went to Ron Gribb and the 50/50 drawing of \$60.00 went to Jean Tornga. *



St. Patrick's Dinner
 Thursday, March 9th, 4 - 6pm

Suggested
 donation for
 60+ \$3.00.
 Under
 60 \$5.00

No Reservations
 Required!

Comed
 Beef & Cabbage
 Roasted Red Skins
 Parisian Carrots
 Mixed Fruit
 Mint Chocolate Chip
 Ice Cream

Serving from
 4 - 6 pm
 At the
 Commission
 on Aging
 & Senior Center
 308 Lawndale St.
 Grayling



Join us for our Spring Fling Dinner April 27th

Support Groups

Alzheimer's Support Group

3rd Wednesday 11am-Noon
 The Brook of Grayling; 503 Rose St.
 For more info call the
 Senior Center, 348-7123

Healthy Relationships for Women

Call 348-3169 for times and locations.
 One-on-one assistance available.

TOPS Weight Loss Class

Thursdays 4:30 - 6pm
 St. John Lutheran Church, Grayling
 Call Mary Kay for more info
 at 348-1398

Grayling Alcoholics Anonymous

Monday, Wednesday, Friday - 12:00pm
 Sunday, Tuesday, Friday - 8pm,
 St. Francis Church, Grayling
 Thursdays - 8pm,
 Women's Meeting, Thursdays - Noon
 At St. Francis Church, Grayling
 Saturdays - 12:00pm
 Grayling Township Hall
 For more info call 866-336-9588

Grayling Al-Anon

Tuesdays 11am & Tuesdays 8pm
 St. Francis Episcopal Church, Grayling
 For more info call Greg at 348-1382

Narcotics Anonymous

Tuesdays 6:30pm Roscommon at the
 Free Methodist Church on M-18
 Sundays 6:30 pm
 Houghton Lake Alano Club,
 2410 N. Markey Rd.
 Thursdays 6:30pm
 United Methodist Church on M-55
 For more info call Ted 989-429-8100

Diabetes Support Group

4th Tuesday 4:30pm - 5:30pm
 Milltown Rm at Munson Hospital
 Grayling.
 For more info call 344-4826

Healing Together

Community Grief Support Program
 3rd Thursday 4:00pm
 The Brook of Grayling; 503 Rose St.
 For more info call 1-989-343-2470

Senior Center Meal Program
Mon - Fri. Lunch served at 12pm
Mon - Thurs. Dinner served at 5pm

Lunch and Dinner suggested donation of \$3.00.
 Under 60 cost \$5.00.

2 Choices of Soups served daily

Bowl of Soup \$1.00 per bowl	Milk 30c with a bowl of soup
---	------------------------------------

Soup is available starting 11:30/4:30
 To go soup is available

Satellite Meals
Frederic/Maple Forest
@ Frederic Township Building
Lovells @ Lovells Township Bldg

Please call the Senior Center at 348-7123
 to make a reservation for a Satellite Meal.

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Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch – Beef Tips & Noodles, Asparagus, Apple Slices 1pm Pool-Ball in Hand 1pm Mahjong 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Salisbury Steak, Mashed Potato w/Mushroom Gravy, Brussel Sprouts, Fruit Cocktail	2 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Pork Riblet Sandwich, Sweet Potato Fries, Green Beans, Fresh Pear 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Stuffed Peppers, Prince Charles Veggie Blend, Apricots	3 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Breaded Skinless Chicken Breast, Baked Sweet Potato, Mixed Vegetables, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	4
5	6 10am Flower Arrangement Class 12pm Lunch – Breaded Cod, American Potato Salad, Prince Charles Veggie Blend, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Crispy Lemon Chicken Breast, Baked Sweet Potato, Peas, Fresh Orange	7 10am Bible Study 10am Zumba Gold 12pm Lunch – Smothered Pork, Broccoli, Carrots, Burst O' Berries, Banana 1pm Euchre 1-3pm Neck Msg Appt. Req'd 4-5pm Blood Press/Sugar Checks 5pm Dinner – Lasagna, Breadstick, Tossed Salad, Winter Blend Vegetable, Red Grapes	8 9:30am Commodities @ St Mary's 10am Line Dancing 10am Pickleball @ Frederic Twp Hall 12pm Lunch - Stuffed Cabbage, Baked Potato, Mixed Vegetables, Blueberry Yogurt 1pm-4pm DHHS Assistance 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Dinner – Beef Pot Roast, Boiled Potato, Green Beans, Apple Slices	9 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch – Meatloaf, Baked Potato, Broccoli, Strawberries 12:15pm TrueNorth; Energy Star Rebates 1pm Wii Bowling at Manton 12:30pm Bible Study 1pm Penny Bingo 4-6pm St. Patrick's Dinner – Corned Beef & Cabbage, Roasted Red Skins, Parisian Carrots, Mixed Fruit, Mint Chocolate Chip Ice Cream	10 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Frederic Satellite 12pm Lunch – Baked Ham, Baked Sweet Potato, Green Beans, Applesauce 1pm Pantry Bingo 1pm Pool-9 Ball	11
12 Change Clocks Forward	13 10am Flower Arrangement Class 12pm Lunch – Roast Turkey, Mashed Potatoes w/Gravy, Peas & Pearl Onions, Apricots 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner – Liver & Onions, Boiled Potato, Cabbage w/ Bacon, Parisian Carrots, Fruit Cocktail	14 9am Munson Breakfast Pres. 10am Bible Study 10am Zumba Gold 11:30-6pm Foot Clinic-Need Appt 12pm Lunch - Beef Ravioli, Italian Blend, Tossed Salad w/Tomato, Grapes 1pm Euchre 4-5pm Blood Press/Sugar Check 5pm Dinner - Beef Pot Pie, Brussel Sprouts, Burst O' Berries, Banana	15 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 11am Alzheimer's Support Grp. @ The Brook of Grayling; 503 Rose St 12pm Lunch - Beef Pot Roast, Red Skin Potato, Carrots, Fresh Orange 1-4pm Smart 911 Sign-Up 1pm Pool-Ball in Hand & Wii Bowling 1pm Mahjong 2:30pm Unlucky 7's 5pm Birthday Dinner - BBQ Chicken Breast, Baked Potato, Stewed Tomatoes, Fresh Pear, Cake & Ice Cream	16 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Taco Salad, Refried Beans, Corn, Mandarin Oranges, 12:30pm Bible Study 1-3pm NEMSCA Services Sign-up 1pm Penny Bingo 3pm Medicine Shoppe Bingo 5pm Dinner – Pork Chop Supreme, Red Skin Potato, Tossed Salad, Brussels Sprouts, Applesauce 5:45pm Great Lakes Graham & the Fiddle Man Concert	17 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lovells Satellite 12pm Lunch - Pepper Steak, Brown Rice, Stir Fry Vegetable, Asparagus, Pineapple 1pm Pantry Bingo 1pm Pool-9 Ball	18
19	20 10am Flower Arrangement Class 12pm Lunch - Potato Crunch Pollock, Red Skin Potato, California Vegetable Blend, Applesauce 1-4pm Hearing Clinic-Appt. Req'd 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Cranberry Chicken, Baked Potato, Peas & Carrots, Plums	21 10am Bible Study 10am Zumba Gold 12pm Lunch - Hamburger, Peas & Carrots, Sweet Potato Fries, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Western Omelet, Hashbrown Stix, Broccoli & Cauliflower, Applesauce 6pm COA Board Mtg @ Center	22 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch – Chicken Stir Fry w/Brown Rice, Pineapple Chunks, Fresh Orange 1-4pm Legal Assist-Appt. Required 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – Meatloaf, Mashed Potato w/Gravy, Broccoli, Strawberries	23 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - Fish Sandwich, Cauliflower, Peas & Carrots, Apple Slices 1pm Wii bowling at Belle Oakes 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Beef Stew, Biscuit, Tossed Salad, Parisian Carrots, Plums 5:45pm Early Days: History of the AuSable River Valley	24 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Swiss Steak, Mashed Potatoes, Sugar Snap Peas, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball	25
26	27 10am Flower Arrangement Class 12pm Lunch - Breaded Chicken Fritter, Red Skin Potato, Brussels Sprouts, Apple Slices 12:30pm Beginning Clogging 1pm Bridge Club 1:30pm Clogging 3:30pm Pickleball @ Grayling Elem. 5pm Dinner - Spaghetti & Meatballs, Breadstick, Italian Blend, Tossed Salad w/Tomato, Grapes	28 10am Bible Study 10am Zumba Gold 12pm Lunch - Sweet & Sour Meatballs, Brown Rice, Prince Charles Veggie Blend, Cauliflower, Burst O' Berries 1pm Euchre 4-5pm Blood Press/Sugar Checks 5pm Dinner - Pork Roast, Green Beans, Baked Potato, Fresh Pear	29 10am Pickleball @ Frederic Twp Hall 10am Line Dancing 12pm Lunch – Chicken and Mushroom Orecchiette, Broccoli, Mixed Vegetables, Red Grapes 1pm Mahjong 1pm Pool-Ball in Hand 1pm Wii Bowling 2:30pm Unlucky 7's 5pm Dinner – French Dip Sandwich, Red Skin Potato, Corn, Burst O'Berries	30 10am Color Craze 10am Crafting 10am Pokeno 10am Golden Toners Exercise 12pm Lunch - BBQ Pork Sandwich, Sweet Potato Fries, Peas & Carrots, Apricots 12:30pm Bible Study 1pm Penny Bingo 5pm Dinner - Beef Taco, Corn, Refried Beans, Apricots	31 9am Card Golf 10am Pinochle 10am Munson Rehab Exercise Group 11am Blood Pressure Checks 12pm Lunch - Chicken Cordon Bleu, Mashed Potatoes, Green Beans, Peaches 1pm Pantry Bingo 1pm Pool – 9 Ball	

Assistance to Help You Maintain Your Independence
SERVICES, CLASSES & RESOURCES

Health Services

Blood Pressure & Sugar Checks

by Munson Home Health Care

Tuesdays, 4-5pm

By InTeliCare - Friday, 11am

Foot Care Clinic - by appointment

\$25 per visit - by Comfort Keepers

2nd Tuesday, 11:30-6pm

Hearing Clinic - by appointment

by Advantage Audiology

3rd Monday, 1-4pm, no charge

Incontinence Supplies

Supplies are often available at no cost.

Medical Equipment Loan Closet

Many items are available to be borrowed at no cost.

Neck Massage offered at no cost

1st Tuesday 1-3pm

3rd Tuesday 4:30-5:30

Nutrition Services

Boost Plus

Discounted cost for liquid nutrition with a prescription from your doctor.

Commodities Food Distribution

Monthly, 9:30-10:30am @ St. Mary's

Congregate Meal Program

Lunch is provided Monday-Friday at 12 noon and Dinner is provided at 5pm Monday - Thursday. Suggested donation for seniors 60+ is \$3.00 and for those under 60, \$5.00 cost.

Home Delivered Meals

(Meals on Wheels)

Meals are delivered Mondays, Wednesdays & Fridays, with frozen meals included for non-delivery days.

Senior Project Fresh

Each summer, qualified seniors receive \$20 worth of coupons for fresh fruits & vegetables

Soup (2 choices served daily)

Lunch Monday-Friday at 11:30am.

Dinner Monday-Thursday at 4:30pm.

\$1.00 per bowl. Also available to go.

T.E.F.A.P. Food Distribution

Quarterly @ American Legion Hall

1-2:30pm

Resources

Computers

Internet computers are available at the Senior Center for your use, Mon - Wed 8:30-6pm, Thurs 8:30-7pm, and Fri. 8:30-5pm

Information and Assistance

Our staff are ready to assist you in finding answers to your questions or to assist in finding available resources.

Medicaid/Medicare Assistance Program (MMAP)

Trained counselors help seniors in deciding which health insurance options are best for them.

Medical Transportation

We can assist in arranging transportation for seniors who have no other means.

Resource Center

Bookcase of loan materials, both videos and books.

Senior Gazette

A monthly Senior Gazette which is full of information for seniors and their caregivers.

SHARP

Senior Home Assistance & Repair Program is designed to provide assistance to low income seniors who are in need of services such as Yard Work, Snow Removal and Minor Home Repairs and Modifications.

In-Home Services

For those who need a little assistance maintaining their independence.

Housekeeping

Bathing Assistance

Respite for Caregivers

Classes

Creating Confident Caregivers (CCC)

CCC helps caregivers of people with dementia learn how dementia works and learn strategies for improving caregiver skills and caring for oneself in the process.

AARP Driver Refresher Course

Offered once each year.

Matter of Balance Program

This program offers practical strategies to reduce falls. Offered once a year.

PATH (Personal Action Toward Health) Classes

PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression.

Stress Less with Mindfulness

Stress Less is a class teaching people a particular way of thinking to help reduce stress, depression and anxiety.

Cost for Services

Almost all of the services offered are available on a suggested donation basis to Crawford County residents. Our programs are funded by Crawford County millage taxes along with Federal, State, and local grants. General donations and donations to a specific program are always needed and welcome.



Listen for our Calendar of Events every morning at

8:30am - 8:40am on Q100.3, WQON courtesy of the Grayling Chamber and Blarney Stone Broadcasting.



How We Served You in January 2017!
At the Senior Center

- We served **955** Congregate Meals
 - We served **308** Soups
 - Activities/Events Attendance **795**
 - Average # of Daily Visitors **59**
- In-Home Services**
- Delivered **2354** home delivered meals.
 - Provided **124** hours of respite care.
 - We provided **331** hours of homemaker services.
 - We provided **82** hours of bathing assistance services.

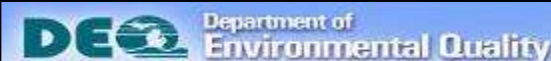
Drop Off Your

Old, Unused & Expired Medications

All Prescription, Over-the-Counter & Pet Medications, including Injectables, Patches, Inhalers & Powders

Anytime at Crawford County Sheriff's Department and Grayling City Hall. During business hours at The Medicine Shoppe.

Help Us Protect our Rivers & Lakes!



Social Security Tips

From Bob Simpson, District Manager
Traverse City Social Security Office

2017 Brings Changes to "Full Retirement Age"

Every worker's dream is having a secure retirement to enjoy the fruits of their labor. Social Security is here to help you secure today and tomorrow. Part of that commitment is ensuring you have the most up-to-date information when you make your retirement decisions.

"Full retirement age" refers to the age when a person can claim their Social Security benefits without any reduction, even if they are still working part or full time. In other words, you don't actually need to retire from your work to claim your full benefits. Also note that waiting until you're 70, if you can, will bring you a higher monthly benefit. The choices you make may affect benefits your spouse or children can receive on your record, too.

As the bells rang in a new year, they also rang in changes in 2017 for people considering claiming Social Security retirement benefits.

For people who attain age 62 in 2017 (i.e., those born between January 2, 1955 and January 1, 1956), full retirement age is 66 and two months.

Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for people born after 1959.

You can learn more about the full retirement age and find out how to look up your own at www.socialsecurity.gov/planners/retire/retirechart.html.

There are some things you should remember when you're thinking about retirement.

You may start receiving Social Security benefits as early as age 62 or as late as age



Meal "Deliveries" Needed (No Zip Line Experience Necessary)

At the Crawford County Commission on Aging & Senior Center
308 Lawndale St., Grayling



The Crawford County Commission on Aging & Senior Center is looking for **Volunteer Drivers** for:

MEALS ON WHEELS DRIVER

Drivers are needed to deliver meals on Mondays, Wednesdays and Fridays. Need to pass a criminal history background check, have a valid driver's license, a reliable vehicle with current insurance coverage and be able to lift heavy bags.



MEDICAL TRANSPORT DRIVER

Volunteer drivers are on an "as needed basis" when older adults have a medical appt. Mileage is reimbursed by the older adult. A criminal

history background check is required, along with a valid driver's license and a clean reliable vehicle with current insurance coverage.

Call or drop by and ask for Helen Nolan 348-7123 for further information on how to get involved!

70. The longer you wait, the higher your monthly benefit will be. Your monthly benefits will be reduced permanently if you start them any time before full retirement age. For example, if you start receiving benefits in 2017 at age 62, your monthly benefit amount will be reduced permanently by about 26 percent.

On the other hand, if you wait to start receiving your benefits until after your full retirement age, then your monthly benefits will be permanently increased. The amount of this increase is two-thirds of one percent for each month — or eight percent for each year — that you delay receiving them until you reach age 70.

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. We may withhold or reduce your benefits if your annual earnings exceed a certain amount. However, every month we withhold or reduce increases your future benefits. That's because at your full retirement age we will recalculate your benefit amount to give you credit for the months in which we reduced or withheld benefits due to your excess earnings. In effect, it's as if you hadn't filed for those months. You can learn

more at www.socialsecurity.gov/planners/retire/whileworking.html.

If you pass away, your retirement date can affect the benefit amount your surviving loved ones receive. If you started receiving retirement benefits before full retirement age, we cannot pay the full amount to your survivors. Their benefit amount will be based on your reduced benefits.

You can learn more by visiting our Retirement Planner at www.socialsecurity.gov/planners/retire.



Senior Gazette



Reaching Seniors and Beyond!

Grayling Save a Lot

Purchase of

America's Choice Lasagna w/Pepperoni **\$3.99**

Limit 2 please with coupon

Valid Mar 1, 2017 thru Mar 31, 2017

2333 S. I-75 Business Loop 348-6690
Look for printable coupons at www.Save-A-Lot.com

Random Word Search Puzzle

(bring in for a prize)

D S H K R F U V C S C J Q H N B A N S O V A J
 X Y B G Z S S I L K Y D U N B E L O V E D T W
 A A L D T F S B O X F I S H F G O R S Y A C O
 O L L E I C D E N I F E D I M E S E F E R F O
 R L O L V S C U N O T K I P X G P E R A C A N
 B C A N E I C G S E R B H K D Q F E N R I D S
 I L E C G N T R N R V B O O W R D U N E M H O
 C E D P I S A R I I D I K E T N L H I S E A C
 U V O L O M T L O M T H S O U A J S U I D D K
 L N L H B I H R L T I A S U R A N I N R A N E
 A C P P W M S T E I N N B I L L K S A O C A T
 R P F Y L J H O Y E V O A E F L F O L H A N W
 Y E H S D Y C W N R T K C T R I A G A T B I R
 L I B E M V N R Y O U L A C O T D E S U U D P
 D G P G O Y H D E W U E M N R R B P K A S R B
 B Y C X P G A J S R X S E O Y M Y I A V U E S
 K H H M O P A S P B M P B E L J S N R F G F F
 K W Z U C R X H K S D U B T H L M N A O Y A A
 X W I L M E D Y Y N A O O P Q H Y I L O T I K
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 H A S K D S R I S L U G F R C G E Z O B I S Y
 N O T P K I E G F G C Q Q L O X A P L U S E W
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 V M A B D A Q P P A O D P A L K L U P G M G U
 L B U T V T U G K M P B L N T D T L N U L L Z
 D T Q R M E E U I B M N W L E O C N F D P O W
 I Y T U C H N C N O G M T R O L R S S J Y B Y
 W Q Z L M E T N L M N X M J J T R Y D B V U D
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 M T R O W A E L F S T S X C D C V E O H M A N
 N Y G M C I S E N O A V I G A A G H R L G R O
 O D V M Q U S D P E R N Q N Z T R T X E O L Q
 N H U M I N I L K U E S S S G N H M Q E P Y Z
 T E C T G V A A N U N R E A V I N G B N D U R
 A L T B U S H Q R V Q I C O M M A N D E E R S
 R N A I T B U C O Z M A Z K W U Z T F H D I T
 N X S I R E J N K B M O O R T A O C H B Y Y B
 I A C P E W W Z Y Q B L V N W I K F L T X A Z
 S H Y N S I D M X J K S Q D Z R X G T T S Z O
 H J L L E O S B L C L A R E M O R E L P G H Y
 I Y S E M I M A T T E B R A L M U E D X D O Q
 N P R U K A R G O L D M A R K W W I H O X R K
 G C V O M V R M H V K T K O T F Z Q A O W B F

1. allusiveness
2. subacademic
3. cyclotomic
4. poisonous
5. eloquentness
6. semidefined
7. nontarnishing
8. humidified
9. unmusing
10. dermatoplastic
11. discriminatory
12. hobbema
13. lode
14. eurythmical
15. semiglobularly
16. unalaska
17. bilocular
18. propound
19. khotan
20. villanella
21. silky
22. contortively
23. rebating
24. fleawort
25. rubaboo
26. coatroom
27. undereat
28. hakea
29. preinsinuate
30. psa
31. goldmark
32. ranular
33. woonsocket
34. unreaving
35. gorsy
36. winnipegosis
37. massicot
38. commandeer
39. superextoll
40. unqueenly
41. semimatte
42. claremore
43. unbeloved
44. authoriser
45. ferdinanda
46. orbicular
47. boxfish
48. calculator
49. intact
50. longstreet

Cook's Corner

Easy Swedish Apple Pie

- 1 ½ lbs. Granny Smith apples-peeled, cored & sliced
- 1 cup flour
- 1 tablespoon sugar
- 1 cup sugar
- 1 teaspoon cinnamon
- ¾ cup melted butter
- 1 egg



Preheat oven to 350 degrees. Toss apples with 1 tablespoon sugar and pour them into a pie plate.

Thoroughly mix together 1 cup of sugar with the flour, cinnamon, butter and egg. Spread this evenly over the top of the pie. Bake in preheated oven until the apples have cooked and the topping is golden brown, about 40-45 minutes. Recipe makes eight servings.

Submitted by Mary Garcia

If you have a recipe you would like to share please submit to Helen Nolan at the Senior Center.



Ryan T. Hamilton, Au.D.
Audiologist & Director

rhamiltonaud@gmail.com
 www.advantagehearingonline.com
 Phone: (989) 745-6667
 Fax: (989) 745-6668
 2375 Business Loop I-75
 Grayling, MI 49738

Warm up with a SOUP-to-GO at the Senior Center!

Two soup choices daily!

Featured Soups

- Mon - Cream of Broccoli
- Tuesday - Potato
- Wed- Cream of Mushroom
- Thurs - Bean and Ham
- Friday - Chili

Soup to Go



Only \$1.00

Now Available

Monday-Friday 11:30am-12:30pm
 Monday-Thur. 4:30-5:30pm
 308 Lawndale St.
 Crawford County Commission
 on Aging & Senior Center

Stop by or call ahead & Order
 (989) 348-7123

Sorenson Lockwood Funeral Home Inc.

Terrie L. Lockwood, Manager/Owner

- Pre-Planned Funerals • Markers
- Cremation Services • Monuments

Phone: (989) 348-2951
 Fax: (989) 348-4968

1108 North Down River Rd, Grayling MI 49738
 Web: sorensonlockwood.com
 E-mail: sorensonlockwood@gmail.com

My Community Dental Center—Improving Lives One Smile at a Time

Featuring Barbara Robertson, Roscommon MCDC Office Administrator

Munson Free Breakfast Presentation, Tuesday, March 14th at 9am at the Crawford County Commission on Aging & Senior Center

My Community Dental Center Opens in Roscommon – Improving Lives One Smile at a Time

Proper dental care is an essential part of good health care, and sadly many residents in our community have difficulty in accessing dental services due to lack of insurance, inability to pay for services, or local dental clinics not accepting Medicaid. The lack of access to dental services affects not only oral health, but also contributes to complications and worsening of other chronic diseases and conditions.



My Community Dental Center (MCDC) of Roscommon opened in September 2016. MCDC is a non-profit 501(c)3

corporation, established in 2006, dedicated to providing dental services to Medicaid enrollees and low-income, uninsured residents throughout the State of Michigan as well as residents with private dental insurance. MCDC seeks to provide oral healthcare in a manner consistent with improving the quality of life for the patients they serve, and to collaborate with all healthcare professionals to create an awareness of the importance of oral health.

“It is our mission to create and expand access to ever-improving quality dental care for Medicaid recipients and low-income, uninsured individuals. The



service we provide is customized to meet the appropriate individual needs of each patient, and is offered in a patient centered atmosphere with exceptional customer service,” Robertson said. Funding for dental services is currently being offered by My Community Dental Center (MCDC) in Roscommon. “My

Community Dental Center was built based on a federal grant,” MCDC Office Administrator Barbara Robertson said in a press release. “We have grant money left over that we are offering to both our patients who don’t have dental insurance and to those who have insurance but the insurance does not cover the treatment that is needed.”

Robertson said the grant is income based and patients can stop by the MCDC office, located at 135 Lake St., Roscommon, to complete a short application and submit income verification (including page one of a federal tax return, Social Security statements or a disability statement showing the patient’s monthly or annual income). Discounts will be based on the patient’s income.

Patients do not have to be residents of Roscommon or Roscommon County, but treatment must be completed at the MCDC Roscommon Office and not at any other MCDC or Dental Clinics North centers.

New patients can register by calling (877)313-6232. For information call



My Community Dental Center of Roscommon at 989-275-0725. The office is open Monday through Friday from 8 a.m. to 4:30 p.m.

Breakfast Menu

Scrambled Eggs,
Blueberry Muffins,
Fresh Fruit, Juice & Coffee

To learn more about the services offered by the My Community Dental Center and the assistance they have for uninsured and low-income residents, please join Barbara Robertson, Roscommon MCDC Office Administrator, for breakfast and a presentation at the Crawford County Commission on Aging and Senior Center, at 9 am, on Tuesday March 14, 2017.



Looking for a way to stay active this winter?

FREE Indoor Walking

Grayling Elementary School
306 Plum Street

Monday-Friday, 4:00-5:00pm

Please wear clean, dry shoes!

Connecting Patients to Care

Our Resource Coordination Department is here to help you with access to clinical services, medications, and community resources, as well as help uninsured patients understand their insurance options.

Resource Coordination Department
1250 E. Michigan Avenue, Grayling, MI 49738 || 989-348-0740
Open Monday–Friday from 8:00am– 4:00pm



Grayling Hospital for Animals

- ♦ Dr. Paul W. Mesack
- ♦ Dr. Troy Fairbanks
- ♦ Dr. Katherine Powning

5806 W. M-72 Grayling, MI 49738
989-348-8622 • Fax: 989-348-1542



Casual for a Cause - A Big Thank You!



The Crawford County Commission on Aging & Senior Center was chosen by the Grayling NCACU employees to be the recipients of their 2016 "Casual for a Cause" campaign.

Every year the credit union employees get together and decide where the funds they collect for year will go. One of the ways the employees do this is paying \$2.00 to wear jeans on Friday.

This past year they raised \$555.02 for the Commission on Aging & Senior Center. Pictured at the right is Tobias Neal, Branch Manager from the Grayling NCACU presenting a check to Alice Synder, the Director of the Crawford County Commission on Aging & Senior Center.

To all the employees of the Grayling North Central Area Credit Union... **We Thank You!**



The Early Days: History of the AuSable River Valley

Thursday, March 23rd at 5:45pm
At the Crawford County Commission on Aging & Senior Center

Mark your calendar for an interesting evening with Stuart Fowler. Stuart is a 5th generation of the Stephan Family, the son of Pat & Bernie Fowler.

Stuart will be presenting historical facts about the Early Au Sable River Valley from Grayling and traveling East. He will show historical photos for you to view on a large TV screen. This event is free and open to the public. A Beef Stew dinner will be served beforehand at 5:00pm. Cost of the dinner is \$5.00 for those under 60 with a suggested donation of \$3.00 for anyone over 60 years of age.



First Trip of the Year DETROIT TIGERS TRIP

Thursday, May 18th

Take me out to the ballgame! A charter bus leaves the Grayling Mini Mall at 8:00am to travel to Comerica Park for Detroit vs Baltimore Baseball Game. The bus returns around 9:30pm.

The cost of the trip is \$93.00 which includes transportation, games ticket, lunch voucher at the stadium and dinner

Please come into the Senior Center to register & pay to reserve your seat. Deadline to register is April 13th.



This month DHHS Assistance Appointments Wednesday, March 8th from 1pm to 4pm

Diane Howland, Eligibility Specialist from Crawford County Department of Health and Human Services (DHHS) will be here at the Crawford County Commission on Aging Senior Center to meet with individuals to explain DHHS Assistance Programs, answer any questions you may have regarding eligibility requirements, case specific questions, and also take applications for assistance. Appointments are available by calling Aging at 348-7123. Walk-in appointments available on a first come, first serve basis as time permits.

Wedding Bells...

Mel & Abby

Mel Moore & Abby Gail LeClair would like to invite you to join them along with the COA family as they share & exchange their wedding vows

Wednesday, April 5th 6:00pm
at the Senior Center
308 Lawndale, Grayling, MI
Reception will follow

Celebration will be informal & old-fashioned. In lieu of gifts please share a dish to pass & of course we love cards that fill our lives with joy.

Free Congregate Meal For Seniors 60+

Commission on Aging & Senior Center
308 Lawndale, Grayling

Located Behind Burger King

Must be a first time meal.



MUNSON HEALTHCARE Grayling Community Health Center

Rehabilitation Services
1250 E. Michigan Ave., Suite C
Grayling, MI 49738
(989) 348-0314

munsonhealthcare.org/graylinghospital



Craig B. Denholm, DC

6838 M-93 Highway
Just South of M-72 West
Grayling, MI 49738

989-348-6600

www.denholmfamilychiropractic.com

Outreach Event



**Thursday
March 16th
1pm - 3pm**

NEMCSA Staff are here to Help You

Are you in need of any of the following?

- A place to live or affordable rental housing
- Affordable home ownership
- Help paying for gas, electric, propane or firewood
- Food assistance
- Weatherization for your home

On Thursday, March 16th Northeast Michigan Community Service Agency (NEMCSA) will be at the Crawford County Commission on Aging and Senior Center, located at 308 Lawndale Grayling, MI 49738. This open enrollment event will give you information on different services offered by NEMCSA.

Most Services Available in the Following Counties:

Alcona | Alpena | Arenac | Cheboygan | Crawford | Iosco | Montmorency | Ogemaw | Oscoda | Otsego | Presque Isle | Roscommon

Would you like \$60 to spend on FRESH Fruits & Vegetables?

Sign up for the Northeast Michigan Prescription for Health Program!

- Learn the best way to select fresh seasonal produce, the most nutritious ways to cook and store fresh produce and much more. This information will be presented in a 6 week nutrition education class with MSUE.
- Receive up to \$60 to purchase fresh fruits & vegetables at farmers markets and grocery stores. \$10 is distributed at each nutrition education class.



Contact Kim Chandler at the Health Department to sign up. Call: 989-348-7800 or Email: kchandler@dhd10.org No income limitations. Anyone 18 years and older can participate!

Participating counties include Alcona, Alpena, Cheboygan, Crawford, Iosco,

Montmorency, Ogemaw, Oscoda, and Presque Isle.

Northeast Michigan Prescription for Health is funded through a grant from the Michigan Health Endowment Fund. Partners include the Community Foundation for Northeast Michigan, Alcona Health Center, Thunder Bay Community Health Services, Inc., District Health Departments 2, 4, and 10, and MSU Extension.

2017 BETTER BREATHING CLASS SCHEDULE

Section 1 Continues

An Educational Series for the Community Presented by Munson Grayling Hospital via REMEC. All classes will be broadcast on **Mondays' from 1:30pm - 3:00pm** at Munson Grayling Hospital via REMEC. To register, please leave a message at 989-348-0325 and leave your name, phone number, and what series you would like to attend.



- Mar 6 Class Five: "Psychological Aspects of Chronic Illness; Intimacy - *Medical Social Worker*
- Mar 13 Class Six: "Nutrition & Lung Disease" - *Dietician*
- Mar 20 Class Seven: "Building Strength & Endurance" - *Exercise Specialist*
- Mar 27 Class Eight: "Energy Conservation" - *Occupational Therapist*

The Freedom

The Value

The Brook



At The Brook, senior living is all about enjoying life. We offer residents a wide variety of activities so they can connect with others and share good times. What's more, our committed staff is passionate about quality care, ensuring that your loved one always feels right at home.

For more on our **ASSISTED AND INDEPENDENT LIVING** opportunities, visit

Brookretirement.com
989-745-6500

We're pet friendly!



Big Rapids • Boyne City • Cheboygan • Gaylord • Gladwin • Grayling
Houghton Lake • Newaygo • Roscommon • West Branch

PRESCRIPTION DELIVERY SERVICE NOW AVAILABLE

Call Store For Details



Proudly Serving Our Community Since 1999

The Medicine Shoppe

500 N. James St. • Grayling

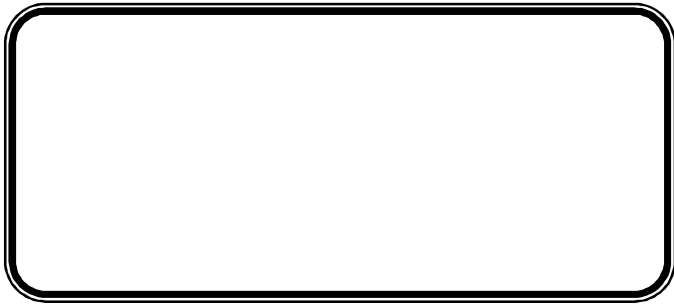
989-348-2000

Senior discount available daily.



Smartphone Scan
to our Website

308 Lawndale St.
Grayling, MI 49738
Phone: 989-348-7123
Fax: 989-348-8342
director@crawfordcoa.org



SENIOR COMPANION VOLUNTEER, Linda Roberts



Linda Roberts is a Senior Companion Volunteer serving at the Grayling Nursing & Rehabilitation Community going on eight (8) years. As a Senior Companion,

Linda spends 20 hours a week providing companionship to residents who are most in need of additional social interaction and those with special needs. Recently, Grayling Nursing welcomed a new resident with dementia presenting in the form of anxiety. Linda, who volunteers four (4) days a week, has been able to provide a daily intervention to the resident by providing comfort and friendship. Activities Director, Kayla Cousins, credits Linda's companionship key to helping reduce the resident's anxiety.

Linda refers to her volunteer service as the "joy of her life". She just loves sitting and talking with her assigned companions and hearing their life stories, especially their childhood stories. She also enjoys assisting her resident companions to pursue their own passions such as reading. Linda may often be found reading to those companions whose vision has diminished.

Activities Director, Kayla, refers to Linda as a wonderful person and a great asset, who is "very creative in the manner in which she reaches out to the residents". Kayla appreciates Linda's ability to connect to the residents, who come from all walks of life—including her unique, gentle approach with a certain resident who was experiencing a challenge adapting to a new environment.



Linda is pictured here (right) sharing the local newspaper and discussing current events with another resident, Jessie Isenhauer. Linda, with her 20 hours per week service and friendly personality, is well known by all residents, in addition



to her assigned clients. The Northeast Michigan Community Service Agency (NEMCSA) is seeking volunteers 55 years or older to provide one-to-

one companionship for area seniors. Companions provide in-home visits with the goal of helping seniors maintain dignity in their own homes rather than moving to more costly institutional care.

Aside from the benefit of making a difference in their communities, Companions receive:

- ◆ A non-taxable stipend of \$2.65/hr
- ◆ Reimbursement for mileage
- ◆ Excess liability and automobile insurance
- ◆ Community service recognition, and much more!

For more information and initial eligibility verification, please call (989) 356-3474 or toll-free (877) 222-9043.



UP-COMING CONCERTS
At the Commission on Aging & Senior Center

April 6th
The Banjo Man
Picker-Barry Van Guilder



May 4th
Oh Brother, Big Sister



June 15th
Dave Dickerson

FREE FOR ALL